



Hut happenings

Newsletter Blast March 2025

We recognise the Kurna and Peramangk Peoples as the traditional owners of the Adelaide Hills and pay our respects to elders past, present and emerging.



Food Pantry's 250th Week of Service

We're excited to share that we've reached a remarkable milestone—250 weeks of providing food assistance to those in need! This achievement wouldn't have been possible without the incredible support of The Hut community, our dedicated staff, and our amazing volunteers.

To celebrate, we hosted a heartwarming morning tea, reflecting on our journey together. Over the past 5 years, we've received over 62,000kgs of food donations and served 617 individuals, all thanks to the generosity of our community and the tireless commitment of those who volunteer their time and energy. We're so proud of what we've accomplished together and incredibly grateful to everyone who has played a role in making this possible. Here's to many more weeks of serving our community with love, compassion, and support.

Thank you from the bottom of our hearts!

You can see some of our favourite snaps over the years [here](#).



Quiz Night Fundraiser

Don't miss out on a fun-filled evening for a great cause! Join us for our Fundraiser Quiz Night, where we'll be raising funds to support the Adelaide Hills community. The night will feature a silent auction, a raffle, and plenty of fun games between quiz rounds. It's BYO drinks and nibbles (alcohol permitted), so gather your friends and get ready for a night of friendly competition and community spirit. Book your spot now and help us make a difference!

March 21 @ 7pm

(please arrive at 6:30pm for an on time start)

At the Stirling RSL, Merrion Terrace in Stirling, behind the Book Shed.

You can book your ticket or your table [here](#).

Join us to

Spark[★] conversation

All people
are welcome
to ignite connection
and spark new
friendships at our
conversation sessions
across the Hills!

The Olive Branch Cafe
Every Monday 1.00pm-2.30pm
84 Onkaparinga Valley Road Balhannah

The Oak & Iron Tavern
Every Tuesday 10.00am-12.00pm
17 Adelaide Road Mount Barker

The Britannia
Every Wednesday 10.00am-12.00pm
14 Princes Highway Kanmantoo

Miss Perez
Every Thursday 5.30pm-7.00pm
2 Druid Avenue Stirling



Spark[★]
Igniting human connection

In collaboration with

 **COMMUNITY CONNECTIONS PROGRAM**

 **The Hut COMMUNITY CENTRE**

 **MOUNT BARKER COMMUNITY CENTRE**

www.sparkconnection.org.au

Wrap with Love Blankets Warm Children in Syria

The Hut Happy Wrappers (Wrap with Love) were excited to see photos of the wraps (knitted blankets) they have made being given to children in Syria. Every child in the school received a tote bag with a wrap. The wraps were provided by several groups and The Hut wraps were a part of this.

The school is located in Izaz town - northern Aleppo countryside and as you can see from the happy smiling faces, that this gift is a treasured one!

If you would like to know more about Wrap with Love, pop into The Hut on Mondays 1pm -3pm.





Find Your Calm: Mindfulness in Just 5 Minutes

In our busy lives, it's easy to feel overwhelmed or caught up in the rush of daily tasks. But did you know that taking just a few minutes each day to practice mindfulness can help reduce stress, improve focus, and boost overall well-being?

Mindfulness is simply the practice of paying attention to the present moment without judgment. It can be as simple as taking a few deep breaths or being fully aware of your surroundings. Here are a few quick mindfulness practices you can try, even with a hectic schedule:

1. The 5-4-3-2-1 Grounding Technique

This quick exercise helps you reconnect with your environment when you're feeling anxious or distracted. Simply:

- **5 things you can see**
- **4 things you can touch**
- **3 things you can hear**
- **2 things you can smell**
- **1 thing you can taste**

This practice grounds you in the present and helps calm your mind.

2. Focus on Your Breath

Take a moment to focus on your breath. Close your eyes, breathe in slowly through your nose for a count of four, hold for a moment, and then exhale slowly for a count of six. Repeat this cycle for a minute or two. This simple breathing exercise can help reset your mind and body.

3. Mindful Listening

Find a quiet place and focus on the sounds around you for a few minutes. Whether it's the sound of birds outside or the hum of a fan, listen attentively, without judgment or distraction. This practice helps improve concentration and mindfulness.

Remember, mindfulness is not about emptying your mind; it's about noticing your thoughts, feelings, and sensations without getting caught up in them. Just a few minutes a day can make a big difference in how you feel. Try to incorporate one of these techniques into your day and notice how your mood and focus improve!

Take a deep breath. You've got this.



Bridgewater/Aldgate Community Support Hub

When established, the Bridgewater/Aldgate Community Support Hub will provide or facilitate short-term responses to emergencies or other significant events that impact community resilience in the towns of Bridgewater and Aldgate.

When safe to do so, the hub will open in response to events such as a storm, heat wave, long-term power outage or bushfire.

The CSH will also open outside of emergencies, focusing on strengthening individual and community disaster preparedness and working with other community groups and services.

Where did the idea for a community support hub come from?

Adelaide Hills Council partnered with the Australian Red Cross to run the RediCommunities Program, a series of community-led workshops aimed at strengthening community resilience and preparing for disasters.

Bridgewater was one of several towns in the area that completed five workshops during 2023 and developed a Community Resilience Action Plan at the start of 2024. One initiative within the action plan was the development of a Community Support Hub.

What Groups are involved?

Local volunteers are working with staff from the Hut Community Centre and the Village Well in Aldgate.

Where is it located?

The Community Support Hub will be situated at the Village Well in Aldgate. The Village Well is a versatile space for peer support, well-being, self-care, learning, and social activities. Equipped with a commercial kitchen, an auditorium, meeting rooms, showers, a children's area, ample parking, and Wi-Fi, it is well suited to serve as a Community Support Hub.

Who can get involved?

Members of the community, businesses, community groups, or services can get involved. We would welcome your contribution, whether you can build community connections, have strong communication skills, are experienced in grant writing, or are simply eager to volunteer your time when the hub is open.

What's next?

The involved community groups are working together to develop the concept and funding for the Bridgewater/Aldgate Community Support Hub. Once funded, the Hub will be open to all community members who require assistance in response to an emergency.

Please get in touch with us at The Hut if you would like to know more



The Hut Community Centre

Easter Fundraiser

**Orders can be made online via Humanatix
or by contacting Reception on 8339 4400**

Orders and payment to The Hut by 3pm Monday 7th April

Pick up Orders from The Hut Tuesday 15th April 11am-3pm

[Order Now](#)

The Uraidla Sustainability Fair is back for 2025 and promises to be an unforgettable family day for the 20th-anniversary edition! Circle March 16th on your calendar, book your tickets and make your way to the Uraidla Showgrounds.

Get involved in sustainable conversations!

Join the Sustainable Conversations program, where you can connect with local individuals passionate about positively impacting our environment. This is a fantastic opportunity for parents and students alike to ask questions, share ideas, and learn about small changes we can make for a better future.

Curious about electric vehicles and e-bikes? Explore a variety of models and learn all about the benefits of saying goodbye to traditional fuel sources. You can also get involved with [Charge Up The Hill](#) - get on your e-bike, head to Norwood Memorial Gardens, wind your way up the hill, and finish at the fair. It's a ride towards a greener, cleaner future.

Engage with our expert panel!

Be part of a discussion led by our special guest, Professor Andrew Lowe. Prepare to be challenged and inspired as the panel delves into what the future of sustainability looks like and how you can take action now.

Head to sustainabilityfair.com.au and click the button on the home page to get your tickets.





The Hut Recipe Club

Come and be inspired whilst we chat about our favourite dishes

Thermomix Owners and Non-owners are welcomed.

Very relaxed and low key.

Bring a friend!

Feel free to bring a plate to share

**We meet on the 4th Friday of the Month. 10.30 - 12.00
at the Hut Aldgate Community Centre -1 Euston Rd Aldgate**

January 24th February 28th March 28th ~~April 25th~~ May 23rd June 27th

Bookings Preferred, but walk-ins welcome!
\$5 Donation Appreciated

Contact: Suzanne 0475 509 522
Heidi 0402 115 861

Upcoming Activities

For all programs below use the booking link for each program or call The Hut on 83394400



Dungeons & Dragons Campaign

When: Wednesdays weekly

Time: 4:00pm – 5:30pm

Where: The Hut Community Centre

Cost: \$5 per person per session.

Bookings essential [here](#).

Calling back all our previous D&D players, new players are also welcome, to engage in a compelling long term campaign over 2 - 3 months. Dungeon Master Victoria will be your guide on this collaborative story telling adventure. Suitable for ages 12+.



Sunprints & Sips: Create & Sip Workshop

When: Friday March 7

Session Time: 1:00pm – 3:00pm

Where: The Hut Community Centre

Cost: \$40.00 includes all materials, nibbles and wine

Bookings essential [here](#)

A paint and sip with a difference! Make your own beautiful and unique print using nature and the sun while sipping on a red or white. Artist Jorji Gardener will support you to get creative with a range of nature materials to create stunning prints you can put on display or give as gifts!



Repair Cafe

When: Sunday March 9

Session Time: 10:00am – 1:00pm

Where: The Hut Community Centre

Cost: FREE donations appreciated

No Bookings required

Don't throw it out, get it fixed and by our volunteer expert repairers! Services that may be available at our monthly Repair Café include fixing pushbikes, small electrical, wooden items as well as tool sharpening, jewellery repairs, software issues and sewing & darning. Hot drinks from Coffee Please coffee van will be available for purchase. Follow the Repair Cafe on Facebook for updates [here](#).



Social Cuppa - Men's Morning

When: 2nd Friday of each month

Next date: Friday March 14

Time: 10.30am

Where: Lovells Bakery, Woodside

Cost: Buy your own coffee, we supply the cake

Book [here](#) or just show up!

Enjoy a chance to meet new people in a relaxed, informal setting.



The Hut Community Centre's Quiz Night

When: Friday March 21

Session Time: 7:00pm - 10:00pm

Where: Stirling RSL, Stirling

Cost: \$20 per person

Bookings essential [here](#)

Test your knowledge and join us for a fun evening with games, prizes and more! This event is BYO food and drink (alcohol permitted).



Lunch At The Hut

When: 1st Wednesday of each month

Next Date: Wednesday April 2

Session Time: 12:00pm – 2:00pm

Where: The Hut Community Centre

Cost: \$5.00 for two course meal

Bookings essential: 8339 4400.

An opportunity to connect with people in your local Hills community over a delicious, nutritious two course home-cooked meal! Join us at The Hut for lunch made with love by our volunteers, served with a welcoming smile, good company and fun! On the first Wednesday of each month.



Music Bingo with The Hut Community Centre

When: Saturday April 12

Session Time: 7:00pm – 9:30pm

Where: The Bridgewater Sports & Social Club

Cost: \$10 per person (includes two bingo cards)

Bookings essential [here](#) or call The Hut on 8339 4400.

Can you name that tune? Brush up on those music skills, book a ticket and get ready for a fun night of music bingo! This family night out hosted by Freddy Johns Presents is sure to top the charts. So grab some friends and don't miss this fun filled night to benefit your local community!

This event is in collaboration with the Bridgewater Sports and Social Club.



Lego Animation with GooRoo Animation

When: Monday April 14

Session Time: 1:00pm – 4:00pm

Where: The Hut Community Centre

Cost: \$25

Bookings essential [here](#).

Participants will get a behind the scenes glimpse of what goes into producing animation on a professional level. They will then create their own lego characters and learn how to bring them to life using the app Stop Motion Studio. The finished videos will be screened to the group and uploaded to YouTube via the GooRoo Animation Workshops channel to be shared with friends and family.



For more information and to register for the below programs, please visit thehut.org.au

E: reception@thehut.org.au

P: 8339 4400

The Book Shed Stirling	Good quality secondhand books at great prices	Merrion Tce Stirling Mon-Sat 10am-4pm 4th Sunday of month
The Book Shed Woodside	Good quality secondhand books at great prices	68 Onkaparinga Valley Rd Woodside Mon, Wed-Sat 10am-4pm 3rd Sunday of month 11am-3
Program/Event	Details	Date/Time
The Art Hub	Work on your own artwork, share and learn new ideas, and meet people with similar interests.	Mondays Weekly 9:30am - 12:30pm at The Hut
Sensory Friendly Outdoor Playgroup	This playgroup has a wide range of sensory friendly activities set in our nature play space at The Hut.	Wednesdays during term 9:30am - 11:30am at The Hut
Out and About Group	A social lunch group which meets in various venues in the Hills	Second Tuesday of the month.
Community Shed	Woodwork, social connection and tinkering	Tuesdays 9am-12 & 1-4pm & Thursdays 9am - 12pm at The Hut
Music Makers	Learn, practice and enjoy a range of musical instruments	Tues weekly 9.30-12 Grace Lutheran Church Bridgewater
Mosaics Group	All you need to create mosaics of your choice	Fridays 9:30am - 12:30pm The Hut Community Shed
Aldgate Valley Food Co-op	For purchasing organic foods and social contact.	Fridays 10.30am to 11.30 Call The Hut for location

Support and Assistance

Community Lunch	Delicious two-course meal featuring fresh seasonal produce.	1st Wednesday of month 12.00–2.00pm, The Hut
Repair Cafe	Repairs of small items to help reduce waste going to landfill,.	2nd Sunday of each month 10am-1 in The Hut Community Shed
Homework Club	Support with school work with volunteer tutors	Mondays, Tuesdays during term 3pm - 5pm at The Hut
Grandcarers SA	Supporting grandparents raising their grandchildren	2nd Wed of each month, 10.30am- 12 at The Hut
Food Pantry	Access to free fresh food & pantry items	Tuesdays 12pm - 2pm Thursdays 10am - 12pm at The Hut
No Interest Loans	No Interest, No fee loans up to \$2,000	Tuesdays 9am - 3pm
1:1 Computer Training	Learn to use your computer, tablet or smart phone	Monday - Friday By Appointment Only at The Hut
Community Transport	Community Bus for shopping and social outings for over 65's	Call to discuss eligibility

Fitness Programs		
Men's Moves	Healthy lifestyle program for men	Thursdays 10am—12.00noon at Woorabinda Education Centre
Strength and Balance	Gentle exercises to encourage balance and prevent falls	9.30 to 10.30 Tuesday and Thursday each week at Stirling RSL
Stretch & Breathe with Chi Kung	A gentle and restorative session for all ages and abilities	Wednesdays 10am - 11am Aldgate Oval Hall
Walking Groups	Various locations and times	Mon, Tues, Wed, Fri various times
Community Fun and Fitness	Aerobics, small weights, fun exercises	Tuesdays 9am—10 at the Bridgewater Hall.

Hut Volunteer Vacancies

Please email volunteering@thehut.org.au if interested in any of these roles

These are the only roles we are recruiting for at present;

Book Shed Volunteers

Calling all book lovers! Join a fantastic team of volunteers who are passionate about books. Volunteers needed at Woodside and Stirling for shifts of 3 hours. Key tasks of this role is customer service and the processing of donations, it is essential for volunteers to have a knowledge of books and the varying genres.

Repair Cafe Repairers

Join a vibrant group of 'Repairers' who help repair varied and interesting items that the community bring to the Repair Café – it is a highly rewarding activity which contributes and connects you to the community and to a great group of skilled people. The repair cafe is held on the 2nd Sunday of each month, 10am-1pm. We are in need of additional volunteer repairers, with an urgent need for an electrician and small engine repairs (mowers etc), so if you have a skill that you would love to use to help others, please let us know.



Recipe of the Month

Comforting Lentil Dhal

Ingredients:

1 cup red lentils (rinse them thoroughly)
1 tablespoon olive oil (or ghee for a richer flavor)
1 medium onion, chopped
2 cloves garlic, minced
1 tablespoon ginger, grated
1 teaspoon ground turmeric
1 teaspoon ground cumin
1 teaspoon ground coriander
1/2 teaspoon ground cinnamon (optional)
1/4 teaspoon ground cayenne pepper (optional, for heat)
1 can (14 oz) diced tomatoes
4 cups vegetable broth (or water)
Salt to taste
Fresh cilantro for garnish (optional)
1 tablespoon lemon juice (optional)

Instructions:

Prepare the Lentils: Rinse the lentils under cold water until the water runs clear. Set aside.

Sauté Aromatics: In a large pot, heat olive oil (or ghee) over medium heat. Add chopped onion and sauté until softened and golden, about 5-7 minutes. Add garlic and grated ginger and sauté for another minute until fragrant.

Add Spices: Stir in the turmeric, cumin, coriander, cinnamon, and cayenne (if using). Cook for 1-2 minutes, stirring constantly, to allow the spices to bloom.

Cook the Dhal: Add the rinsed lentils to the pot, followed by the diced tomatoes (with juice) and vegetable broth (or water). Bring to a boil, then reduce the heat to low and simmer uncovered for 25-30 minutes, or until the lentils are tender and the dhal has thickened. Stir occasionally.

Adjust Consistency & Flavor: If the dhal is too thick, add a bit more water or broth to reach your desired consistency. Taste and adjust salt and seasonings, adding lemon juice for a bright, tangy finish if desired.

Serve: Ladle the dhal into bowls and garnish with fresh cilantro. Serve with rice or naan bread for a complete, satisfying meal.



Until Next Time, Stay Safe, Stay Well
From The Hut Team